

NOVEMBER 2024

NEWSLETTER

Susanville Head Start 530-257-2343



IMPORTANT DATES

Minimum Days on
Fridays

November 1st No School
Staff Inservice Day

November 6th
Parent Meeting
@5:30PM

November 11th
No School/Holiday

November 26th
Minimum Day/
Recruitment Day for
Staff

November 27th-29th
No School/Holiday

DOTTIE'S BEEF SOUP

Ingredients:

2 lbs. Ground Beef
29 oz. can Crushed Tomatoes
4 Potatoes
2 Carrots
4 Celery Sticks
1 can Corn
2 TBS Dehydrated Onion
1 TBS Granulated Garlic
1 to 2 TBS Beef Bouillon

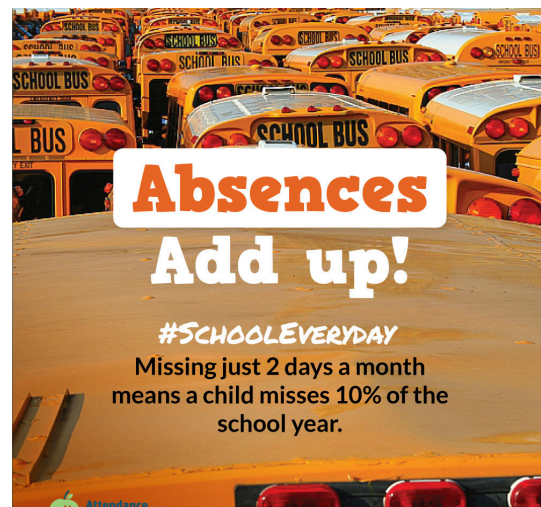
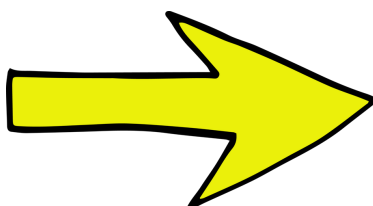
Directions:

Brown Ground Beef and Drain the grease. Chop all the vegetables into bites size pieces. Add all Ingredients to a pot, cover with water, bring to a boil. Cover and Cook on Medium heat until vegetables are tender. Add water if needed. Enjoy!!!



Did you know????

Attendance Matters



TIPS TO STAY HEALTHY in colder weather



1 GET A FLU SHOT.

Vaccines build immunity before being exposed to viruses. Shots are available at Dillons and Walgreens for an affordable price.

2 DRINK PLENTY OF FLUIDS.

Drink 8-8oz cups of water a day for healthy skin and to rid the body of toxins.

5 DRESS APPROPRIATELY FOR THE WEATHER.

Protect your body from cold temperatures by layering up.

6 REST.

Get at least 8 hours of sleep, and if symptoms occur, rest and stay home to prevent transmission onto others.

9

GET SUN EXPOSURE.

Lack of sun exposure can lead to Vitamin D deficiency and/or seasonal depression.

10 SEEK HELP.

Seek help from local healthcare providers, urgent care clinics, or if severe, the emergency room.

3 WASH YOUR HANDS.

Diligently wash hands for 20-30 seconds or for the duration of the ABC's.

4 COUGH INTO YOUR ELBOW.

Cough or sneeze into elbow as to prevent the spreading of germs through hand contact.

7 EXERCISE.

Exercise boosts the immune system, which is the body's defense against infections.

8 LOWER STRESS LEVELS.

Exercise, meditation, yoga, and proper amounts of sleep can lower stress.

"Time spent
with family is
time well spent.
Family is the
one constant
element in life."

– Unknown

Add a book to your bedtime routine and make it fun. You read one night and let your child "read" to you the next night. To expand on Teacher Erin's Small Group Activity from last week, Write your own story together and have your child draw the pictures that go with the story. Be the author/illustrator and spark a life long love for books.

"READING IS A PASSPORT
TO COUNTLESS ADVENTURES."
—MARY POPE OSBORNE

